

# GET HEALTHY – GO GREEN

## Green Smoothie Recipes

### Why Eat Green?

Have you eaten any green foods today? Green foods are rich in antioxidants that help to protect our cells against cellular damage. They are also rich in vitamins including vitamin B, C, E, and K and minerals like calcium, magnesium, and potassium. Green foods have many properties that can help boost your immune system and fight off viruses and bacteria. Sound good? Wondering how to get started? Start with a smoothie!

### How to Make the Perfect Green Smoothie

#### Follow the 60/40 Rule

Combine 60% fruit to 40% leafy greens

#### Recipe Guideline

2 cups of leafy greens + 2 cups of liquid  
+ 3 cups of ripe fruit



#### Tips and Tricks

1. Blend greens and liquid. Add fruit and blend again.
2. Use frozen fruit and vegetables for an extra cold smoothie.
3. Is your drink too bitter? Add more fruit, honey, or other natural sweetener.
4. Add a source of good fat like coconut oil or hemp seed and a protein like nut butter or protein powder to make your smoothie a more balanced meal.

#### Leafy Greens

Spinach  
Kale  
Romaine  
Bok Choy  
Swiss Chard  
Collards  
Dandelion

#### Liquids

Water  
Coconut Water  
Milk Alternative  
such as Coconut,  
Almond, Cashew,  
or Oat

#### Fruits

Banana  
Mango  
Berries  
Orange  
Avocado  
Peach  
Apple  
Pineapple

### Why are smoothies so great?

Green smoothies are tasty treats that also offer a variety of benefits!

- They offer an enjoyable way to get your fruits and vegetables.
- They help in the maintaining a healthy weight.
- They are concentrated in vitamins, minerals, and antioxidants.
- Dark greens are an excellent source of calcium.
- They are easy to digest and aid in digestion.
- Consuming greens helps to improve alertness and reduce anxiety.
- Greens help with clearer skin.
- They help support immune function.
- They provide fiber, which helps to keep you full.
- They are easy to make with the bonus of quick clean-up.
- They are perfect for an on-the-go snack.
- They can last up to two days in the fridge.



>>>> Let's Make Some Smoothies! <<<<<

### Mango Pineapple

Makes 2 Servings

#### Ingredients

- 2/3 cup frozen pineapple chunks
- 1 cup frozen mango chunks
- 1 ripe banana, sliced
- 2/3 cup fresh spinach
- 1/3 cup orange juice
- 1 cup ice

#### Directions

Place pineapple, mango, banana, spinach, orange juice, and ice in a blender and blend until smooth.

Nutrition Info Per Serving:

Calories 193 | Fat 0.7g | Carbs 48g  
Protein 2.2g Fibre 4.1g  
Sodium 11mg | Sugar 39g



### Green Power Mojito

Makes 2 Servings

#### Ingredients

- 3 cups ice cubes
- 2 cups baby spinach leaves
- 1 can crushed pineapple or 2 spears of fresh
- ½ cup water
- 1 banana, broken into chunks
- 1 orange, peeled, and segmented
- 5-10 fresh mint leaves (according to taste)
- 1 lemon, juiced
- 1 lime, juiced

#### Directions

Blend ice, spinach, pineapple, water, banana, orange, mint, lemon juice, and lime juice in a blender until smooth.

Nutrition Info Per Serving:

Calories 75 | Fat 0.3g | Carbs 19g | Protein 1.5g | Fibre 2.6g  
Sodium 16mg | Sugar 13g



### Green Grapefruit

Makes 2 Servings

#### Ingredients

- 3 grapefruit, peeled and sectioned
- 1 cup cold water
- 3 ounces fresh spinach
- 6 ice cubes
- ½-inch piece fresh ginger, peeled
- 1 teaspoon of ground flaxseed

#### Directions

Blend grapefruit, water, spinach, ice cubes, ginger, and ground flaxseed in a blender until smooth.

Nutrition Info Per Serving:

Calories 92 | Fat 1.9g | Carbs 18g | Protein 3.5g | Fibre 4.1g  
Sodium 38mg | Sugar 13g



Source: [www.allrecipes.com](http://www.allrecipes.com)